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ABSTRACT

This teacher's manual is designed to accompany the exercise book on structure and vocabulary. It is part of a package of materials developed for use in an English for Special Purposes project, which offers classes in reading, grammar, and emergency care attendant training for limited English proficient students. Brief notes and suggestions are offered to help teachers use the essential vocabulary and expressions sections of the 18 lessons in the exercise book as well as the review lessons, which are every third lesson in the book. The answer keys to the exercises are then presented. These answer keys are provided as an indication of the kind of answer that the materials writer had in mind when the exercise was composed. (YLB)

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English for Special Purposes
Emergency Care Attendant
Teacher's Manual

Structure and Vocabulary

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ENGLISH FOR SPECIAL PURPOSES

EMERGENCY MEDICAL ENGLISH: STRUCTURE AND VOCABULARY

TEACHER'S MANUAL

AND

EXERCISE ANSWER KEY

Developed at El Paso Community College
by Dr. Marvin R. Coates

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of a grant from the Carl Perkins Postsecondary Education
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ENGLISH FOR SPECIAL PURPOSES/EMERGENCY CARE ATTENDANT TRAINING MODEL FOR EARLY ENTRY INTO ALLIED HEALTH OCCUPATIONAL PROGRAMS

DR. JERRY B. GATHINGS, PROJECT DIRECTOR

Teacher's Manual

Notes and Suggestions

"Essential Vocabulary and Expressions"

Each lesson ends with a vocabulary list and an exercise which calls for the students to determine a "definition" using contextual information. No attempt is made to offer "textbook definitions" for the vocabulary words, first, because such words are more effectively defined in a lively classroom environment than in the static pages of materials, and second, because their specific medical uses are best given by experts in the medical field. The exercises attempt nothing more than providing exposure to the vocabulary that occurs in the health sciences textbook. Further, while every attempt has been made to include items that occur frequently in the text, the "essential vocabulary" section is not intended to be read as the definitive list of all vocabulary with which a successful student will have to familiarize himself.

"Review Lessons"

Every third lesson, (i.e. lessons 3, 6, 9, 12, 15, and 18) is intended mostly for review. These lessons generally introduce far fewer new items of grammar and vocabulary (and thus lack the "essential vocabulary" portion of other lessons). Exercises often contain items very similar to or even identical to items used in the equivalent exercise of the lesson in which the grammar point was first introduced.

Answers to Exercises

Although only a few of the answer keys below are specifically identified as containing "suggested" answers, it is assumed that in dealing with language data a large number of alternatives is possible. These answer keys are provided as an indication of the kind of answer which the materials writer had in mind when the exercise was composed.

Lesson 1

Exercise 1

1. The first responder should make the patient as comfortable as possible.
2. She should try to control infection.
3. The first responder should know how to recognize life-threatening problems.
4. He should arrange for medical assistance.
5. The first responder should ask bystanders for help.
6. She should continue emergency care until an ambulance arrives.
7. The first responder should take charge of the emergency situation.
8. He should follow accepted emergency care procedures.

9. The first responder should obey police instructions.
10. She should use proper care techniques.

Exercise 2

1. The first responder should not leave the patient alone.
2. He should not get excited or upset.
3. The first responder should not frighten the patient.
4. She should not add injuries to the patient.
5. The first responder should not interfere with police or other officials.
6. He should not wait for an ambulance before helping the patient.
7. The first responder should not risk injuring bystanders.
8. She should not forget to talk to the patient about his condition.
9. He should not stop helping the patient until qualified help arrives.
10. The first responder should not delay in starting emergency procedures.

Exercise 3

1. POSSIBLE
2. PERMITTED
3. POSSIBLE
4. PERMITTED
5. PERMITTED
6. POSSIBLE
7. POSSIBLE
8. POSSIBLE
9. PERMITTED
10. POSSIBLE

Exercise 4

1. The patient may need professional medical help.
2. You may send a bystander to call an ambulance.
3. The patient may be unconscious.
4. The situation may require fast thinking.
5. The patient's heart may have stopped.
6. You may have to direct traffic.
7. You may have to get information from bystanders.
8. You may need special equipment.
9. You may need to control bleeding.
10. You may need to control activities of bystanders.
11. The patient may be poisoned.
12. The patient may be a child.

Exercise 5

1. The patient might be a child.
2. You might need to control bleeding.
3. You might need special equipment.
4. The patient's heart might have stopped.
5. The patient might be unconscious.
6. The patient might need professional medical help.
7. The patient might be poisoned.

8. The situation might require fast thinking.
9. You might have to get information from bystanders.

Exercise 6

1. You could accidentally injure the patient.
2. You could forget some important information.
3. The patient's breathing could stop.
4. The patient could be poisoned.
5. The patient's heart could stop.
6. Bystanders could create problems.
7. The police could need your help.
8. The patient could be unconscious.
9. The patient could have a head injury.
10. The patient could be bleeding.
11. You could be alone at the scene of an accident.
12. The emergency could be life-threatening.

Exercise 7

1. The first responder must be able to take charge of the situation.
2. The first responder must be able to keep calm while working under pressure.
3. The first responder must be able to organize others.
4. The first responder must be able to stop dangerous bleeding.
5. The first responder must be able to administer emergency medical care.
6. The first responder must be able to remember proper emergency techniques.
7. The first responder must be able to decide what kind of injuries the patient has.
8. The first responder must be able to protect the patient from additional injuries.
9. The first responder must be able to help patients suffering heart attacks.
10. The first responder must be able to assist in emergency childbirth.

Vocabulary

1. patient
2. bystander
3. patient assessment
4. unconscious
5. ambulance
6. actual consent
7. life-threatening
8. bleeding
9. childbirth
10. equipment

Lesson 2

Exercise 1

1. There are major blood vessels in the abdominal cavity.
2. There are two hundred and six bones in the human skeleton.
3. There is a movable joint in the head.
4. There are four bones in the pelvis.
5. There is a kneecap in front of the knee joint.
6. There is a lung on the left side of the chest cavity.
7. There are some digestive juices in the stomach.
8. There are some bones inside the ear.
9. There are fourteen toe bones in each foot.

Exercise 2

1. There are three major divisions in the human skeleton.
2. There are several joints in the skull.
3. There are three layers in the skin.
4. There are three types of joints.
5. There are two types of muscles.
6. There are major organs in the abdominal cavity.
7. There are twenty-four segments in the backbone.
8. There are five sections in the spine.

Exercise 3

1. The foot contains bones that sometimes break.
2. The heart is a muscle that functions automatically.
3. The rib cage is formed by twelve pairs of ribs that are attached in the back to vertebrae.
4. The knee, ankle, and elbow are joints that are movable.
5. The skull is a case that protects the brain.
6. The skin serves many protective functions that are important for good health.
7. The digestive system consists of organs that permit us to eat and digest foods.

Exercise 4

1. The human skeleton has 206 bones which are classified according to shape.
2. The head contains a joint which is movable.
3. The first responder is the person who arrives first at an accident.
4. The skin is an important covering which protects the body.
5. The abdomen is the portion of the body which contains the stomach.
6. The first responder should not leave a patient who needs emergency care.
7. The spine contains joints which are slightly movable.

Exercise 5

1. Patients <u>who need emergency care</u> depend on first responders.
2. You may need a bystander who can help you.
3. You are studying some emergency skills which you will need.

4. The joints which are most frequently injured are freely movable.
5. The bones which protect the spinal cord are called the "spinal column."
6. The diaphragm is a muscle which moves up and down during breathing.
7. The patient feels pain through nerves which are located in the skin.
8. Body areas which are called "cavities" hold internal organs.
9. The head joint which is movable is the lower jaw.
10. The cavity which contains the liver is the abdomen.
11. The lungs obtain oxygen which is necessary for life.
12. Tendons are strong cords which attach muscles to the bones.
13. The cavity which holds the brain is called the "cranial cavity."
14. A patient who is injured often should not move.
15. The spine contains joints which are slightly movable.
16. The bone which protects the heart is called the "breastbone."
17. The diaphragm is an organ which helps in breathing.
18. Parts of the body which include arms and legs are called "extremities."
19. The organ which keeps germs out of the body is the skin.
20. The organs which are called the "circulatory system" carry blood through the body.

Exercise 6

1. The human skeleton, which is composed of 206 bones, supports the body.
2. The head, which has only one movable joint, is a division of the skeleton.
3. The nervous system, which controls body activities, includes the brain.
4. (no commas)
5. (no commas)
6. The skin, which covers the body, helps control body temperature.
7. The chest cavity, which is cone-shaped, contains the lungs.
8. The liver, which is in the abdomen, helps in digestion.
9. (no commas)
10. The pelvic cavity, which protects the lower abdomen, is above the legs.

Exercise 7

1. Toes, which contain bones, extend from the feet.
   (Sentence 2 needs no commas)
2. Kidneys, which are part of the excretory system, extract waste products.
   (sentence 2 needs no commas)
3. Blood vessels, which carry blood through the body, include arteries.
   (sentence 2 needs no commas)
4. (sentence 1 needs no commas)
   Muscles, which permit us to move, are attached to bones by tendons.
5. Teeth, which are found in the jaw, are similar to bones.
   (sentence 2 needs no commas)
6. (sentence 1 needs no commas)
   Muscles, which are found throughout the body, can contract themselves.
7. Tendons, which attach muscles to bones, are strong cords.
   (sentence 2 needs no commas)
8. Veins, which transport blood, are part of the circulatory system.
   (sentence 2 needs no commas)

Vocabulary

1. wound
2. extremities
3. skeleton
4. veins
5. joint
6. diaphragm
7. vertebrae
8. cavity
9. skull
10. consciously
11. tendons
12. immovable

Lesson 3

Exercise 1

1. Voluntary muscles are those by which arms and legs are controlled.
2. Tendons are the cords to which muscles are connected.
3. The abdomen is the body cavity in which the spleen is located.
4. The diaphragm is the muscle with which people breathe.
5. Arteries are vessels through which blood flows.
6. The skull is the structure by which the brain is protected.
7. Oxygen is the human need on which life depends.
8. Eyes are the organs with which people receive most information.

Exercise 2

1. The spinal column, in which the spinal cord is protected, is composed of thirty-three vertebrae.
2. The first responder must observe the conditions under which the patient was found.
3. "Involuntary" describes muscles over which people don't have conscious control.
4. Freely movable joints, to which most injuries happen, include the knee and the elbow.
5. Tendons are cords by which muscles are attached to bones.
6. The skin is the part of the body in which the sweat glands are located.
7. The diaphragm, by which the chest and abdominal cavities are separated, helps in breathing.
8. The chest cavity is the area in which the lungs and heart are located.
9. The abdominal cavity, in which the stomach is located, is surrounded by muscles.
10. The excretory system contains important organs by which waste products are eliminated.
11. Capillaries have very thin walls through which blood passes.
12. A first responder must always be prepared for emergencies in which she might be involved.
13. Accidents for which you are prepared are often less severe.
14. The first responder should not leave the area in which an injured patient needs help.
15. The chest cavity is the body area around which there are rib bones.

16. The spinal cord, which the vertebrae surround, carries messages from the brain.
17. The heart, through which blood passes, is an involuntary muscle.
18. Accidents generally present serious conditions under which the first responder must work.

Exercise 3

1. A muscle whose movements are not consciously controlled is called "involuntary."
2. A small blood vessel whose thin walls permit blood to pass through is called a capillary.
3. The skin, whose function is to protect the body, keeps germs out.
4. The abdominal cavity, whose organs include the liver, is below the diaphragm.
5. A bystander whose information may be important should be asked about any accident.

6. The heart, whose walls are involuntary muscle, is a major organ of the circulatory system.

Exercise 4

1. She should know the systems of the body.
2. The first responder should help medical professionals at the emergency scene.
3. He should make the patient as comfortable as possible.
4. The first responder should follow accepted emergency care procedures.
5. She should recognize life-threatening problems.
6. The first responder should control the activities of bystanders.
7. He should arrange for medical assistance.
8. The first responder should avoid adding injuries to the patient.
9. She should remain calm.
10. The first responder should help police if necessary.
11. He should continue emergency care until an ambulance arrives.
12. The first responder should collect important medical information.
13. She always should know the most recent emergency help techniques.
14. The first responder should send a bystander to call for help.
15. He should take vitals on the patient.

Exercise 5

1. He should not wait for an ambulance before starting emergency help.
2. The first responder should not leave the patient alone.
3. She should not stop helping the patient before qualified help arrives.
4. The first responder should not get excited or upset.
5. He should not forget to talk to the patient about his condition.
6. The first responder should not frighten the patient.
7. She should not forget to ask bystanders to help.
8. The first responder should not add injuries to the patient.
9. He should not ignore the instructions of police or other officials.
10. She should not say things that will frighten the patient.
11. He should not permit bystanders to be injured.

12. She should not fail to recognize life-threatening problems.
13. The first responder should not ignore the laws regarding emergency help.
14. He should not forget the proper procedures of emergency care.
15. She should not needlessly risk injury to herself.

Exercise 6

1. The patient's family may be frightened.
2. The patient may have a head injury.
3. The patient may stop breathing.
4. A bystander may be able to help.
5. Quick action may save lives.
6. The patient may have a broken arm.
7. A bystander may go to call an ambulance.
8. You may have to help direct traffic.
9. You may need special equipment.
10. The patient may have swallowed poison.
11. The patient may be a child.
12. The situation may call for medical professionals.

Exercise 7

1. 1. The situation might require fast thinking.
   2. The situation could require fast thinking.
2. 1. The patient might be unconscious.
   2. The patient could be unconscious.
3. 1. You might need to control bleeding.
   2. You could need to control bleeding.
4. 1. The patient might have a head injury.
   2. The patient could have a head injury.
5. 1. The patient might be in cardiac arrest.
   2. The patient could be in cardiac arrest.
6. 1. The patient might need professional medical help.
   2. The patient could need professional medical help.

Exercise 8

1. She must be able to help with emergency childbirth.
2. He must be able to control the activities of bystanders.
3. He must be able to recognize when a person is choking.
4. The first responder must be able to remain calm.
5. She must be able to help patients who have suffered a heart attack.
6. He must be able to organize others to help in the emergency.
7. She must be able to protect the patient from additional injuries.
8. The first responder must be able to stop dangerous bleeding.
9. He must be able to conduct a primary survey.
10. She must be able to remember proper emergency care techniques.
11. The first responder must be able to prevent unnecessary injury to the patient.
12. He must be able to decide what kind of injuries the patient has.
13. The first responder must be able to gain access to the patient.
14. She must be able to use medical terminology.

Exercise 1

1. Control any bleeding.
2. Feel the carotid pulse.
3. Stabilize any head injuries.
4. Cooperate with medical personnel.
5. Prepare properly for emergencies.
6. Treat for shock.
7. Assist in emergency childbirth.
8. Identify life-threatening problems.
9. Make an overview of the accident scene.
10. Protect bystanders from potential hazards.

Exercise 2

1. Be careful about moving an accident victim.
2. Be alert for signs of life-threatening problems.
3. Listen carefully to information from bystanders.
4. Inform the patient of what you will do.
5. Be prepared for emergencies.
6. Be ready to help medical personnel when they arrive.
7. Feel a pulse for thirty seconds.
8. Prevent the loss of the patient's body heat.
9. Observe the patient for unresponsiveness.
10. Check the patient's mouth for foreign objects.
11. Be ready for the patient's reactions.
12. Be ready to transfer care to other medical personnel.

Exercise 3

1. Do not overestimate your ability to swim.
2. Do not take time to move the patient.
3. Do not delay ventilation.
4. Do not fight the patient's attempts to breathe.
5. Do not allow children to run about when they are eating.
6. Do not smoke cigarettes.
7. Do not allow loss of the patient's body heat.
8. Do not feed the patient.
9. Do not attempt to remove foreign objects embedded in wounds.
10. Do not frighten the patient.
11. Do not leave the patient alone while you call the ambulance.

Exercise 4

1. Make someone go to telephone an ambulance.
2. Make the patient breathe into a paper bag.
3. Make the patient sit down.
4. Make the patient place his head between his knees.
5. Make the patient keep her head lower than her feet.
6. Make someone keep pressure on bleeding wounds.
7. Make the patient keep warm.
8. Make bystanders be quiet.
9. Make someone direct the ambulance to the accident scene.

10. Make someone protect the patient from additional injuries.
11. Make the patient relax.

Exercise 5

1. Have someone go to telephone an ambulance.
2. Have the patient breathe into a paper bag.
3. Have the patient sit down.
4. Have the patient place his head between his knees.
5. Have the patient keep her head lower than her feet.
6. Have someone keep pressure on bleeding wounds.
7. Have the patient keep warm.
8. Have bystanders be quiet.
9. Have someone direct the ambulance to the accident scene.
10. Have someone protect the patient from additional injuries.
11. Have the patient relax.

Exercise 6

1. Never give a shock patient a drink.
2. Never wait for an ambulance before giving emergency treatment.
3. Never leave a patient alone.
4. Never stop helping a patient before medical professionals arrive.
5. Never move a patient needlessly.
6. Never allow bystanders to interfere with emergency procedures.
7. Never take the pulse for less than thirty seconds.
8. Never lift a heavy patient by yourself.
9. Never delay treatment so that the patient goes into shock.
10. Never perform procedures beyond the scope of your training.
11. Never ignore the instructions of medical professionals.

Vocabulary

1. bandage
2. vital
3. hemorrhage
4. allergic
5. hives
6. embedded
7. carotid
8. constrict
9. internal
10. severed
11. tourniquet
12. toxic

Lesson 5

Exercise 1

1. The patient will be warmer under a blanket.
2. In shock, the patient's pulse becomes weaker.
3. A patient in shock has a paler skin color than a non-shock patient.
4. The urinary bladder is lower than the gall bladder.

5. The reactions of a shock patient are slower.
6. The later stages of shock can be life-threatening.
7. The brachial pulse is closer to the midline than the radial.
8. Lungs are closer to the heart than the brain.
9. The patient's feet should be higher than his heart.
10. Pupils not receiving enough oxygen react slower.
11. The diastolic should be lower than the systolic.

Exercise 2

1. Additional help is more prompt when you activate the EMS immediately.
2. Some substances are more toxic to the patient than others.
3. Examine the more severe wounds first.
4. Some of the patient's injuries will be more superficial than others.
5. The danger from shock may be more immediate than danger from injuries.
6. Loss of too much blood causes more acute problems.
7. Internal injuries produce a more tender area of the patient's body.
8. The patient's breathing becomes more shallow.
9. Bleeding internally gives the patient a more rapid pulse.
10. The effects of shock may be more traumatic than those of the injury.
11. The patient will be more comfortable lying on a blanket.
12. More peripheral areas of the body may suffer vascular collapse.

Exercise 3

1. The pulse of a shock patient is weaker than the pulse of a non-shock patient (is).
2. Late stages of shock are more serious than early stages of shock (are).
3. Some substances are more toxic than other substances (are).
4. A shock patient has paler skin than a non-shock patient (has).
5. Some wounds which appear dangerous are more superficial than some wounds which do not appear dangerous (are).
6. Cardiac arrest is more serious than respiratory arrest (is).
7. Some cases of shock are more acute than other cases of shock (are).

Exercise 4

1. prompt	____
2. vital	____
3. pale	____
4. irreversible	X
5. gradual	____
6. weak	____
7. slow	____
8. small	____
9. conscious	X
10. rough	____
11. low	____
12. firm	____
13. chronic	X
14. fatal	X
15. close	____

Exercise 5

1. Some bystanders are not as helpful as others.
2. This patient's skin is not as pale as that patient's skin.
3. Now the blood pressure is not as low as it was a while ago.
4. Sometimes the signs of shock are not as gradual as you expect.
5. Bleeding from some wounds is not as serious as from other wounds.
6. Some substances are not as toxic as others.
7. There are bacteria which are not as pathogenic as others.
8. This patient's pulse is not as weak as that patient's pulse.

Exercise 6

1. sharpen
2. loosen
3. redden
4. weaken
5. widen
6. brighten
7. whiten
8. toughen
9. smoothen
10. sweeten
11. tighten

Exercise 7

1. In cases of shock, the patient's pulse weakens.
2. Loosen the patient's clothing.
3. Skin areas near insect stings may redden.
4. The patient's breath may shorten.
5. Careless movements may worsen a patient's wounds.
6. As the patient goes into shock, his skin pales and whitens.
7. Widen the patient's collar to ease breathing.
8. As the patient regains consciousness, his senses sharpen.
9. Shorten the time of arrival of the ambulance as much as possible.
10. In cardiac arrest, the patient's pupils sometimes widen.

Vocabulary

1. shock
2. pathogenic
3. pale
4. gradual
5. tender
6. fatal
7. pulse
8. prompt
9. superficial
10. irreversible
11. symptoms
12. peripheral

Lesson 6

Exercise 1

1. Protect the patient from additional injury.
2. Carefully perform a primary survey.
3. Ask a bystander to call the EMS.
4. Stabilize any head injuries.
5. Assess the mechanism of injury.
6. Lift heavy objects with the strength of your legs.
7. Assist with emergency childbirth.
8. Examine the patient for signs of shock.
9. Be aware of proper procedures.
10. Discuss with your partner the priorities of treatment.
11. Get a medical history from the patient.
12. Ask someone to help direct traffic.
13. Immobilize a fracture.
14. Be prepared for any emergency.

Exercise 2

1. Do not leave the patient in order to direct traffic.
2. Do not stop CPR even though you are tired.
3. Do not excite or frighten the patient.
4. Do not move the patient before conducting a primary survey.
5. Do not remove foreign objects embedded in wounds.
6. Do not delay treatment for shock.
7. Do not give a drink to a shock patient.
8. Do not fight the patient's attempts to breathe.
9. Do not allow the patient to become too cold or hot.
10. Do not allow children to run about when they are eating.
11. Do not leave before transferring the care of the patient.
12. Do not perform abdominal thrusts on infants.
13. Do not place bystanders in danger.
14. Do not overestimate your ability to swim.
15. Do not use wire for a tourniquet.

Exercise 3

1. Have bystanders be quiet.
2. Have the patient breathe into a paper bag.
3. Have the patient keep his head lower than his feet.
4. Have someone keep pressure on bleeding wounds.
5. Have the patient sit down.
6. Have the patient tell you where it hurts.

Exercise 4

1. Never ignore the instructions of medical professionals.
2. Never wait for the EMS before starting emergency treatment.
3. Never force treatment on a patient.
4. Never cause the patient to suffer additional injuries.
5. Never allow bystanders to interfere with emergency procedures.
6. Never move a patient needlessly.

Exercise 5

1. More peripheral body areas become cold quickly.
2. A shock patient's pulse becomes weaker.
3. The patient's feet should be higher than his heart.
4. In shock, the patient's breathing becomes more shallow.
5. Problems caused by shock may be more traumatic than those of the injury.
6. Internal bleeding may result in a more rapid pulse.
7. The later stages of shock may become very serious.
8. Examine the more severe wounds as quickly as possible.
9. Some of the injuries will be more superficial than others.
10. Some appearances of shock symptoms are more gradual.
11. Too much blood loss causes more acute problems.
12. Avoid touching the more tender injuries.
13. Some substances are more toxic than others.
14. Paler than normal skin color is one symptom of shock.
15. Moving of patients should never be rougher than necessary.

Exercise 6

1. The pain from some injuries is not as acute as the pain from others.
2. Now the pulse is not as weak as it was a few minutes ago.
3. Some bacteria are not as pathogenic as others.
4. Sometimes the signs of shock are not as gradual as you expect.
5. This patient's injuries are not as severe as that patient's injuries.
6. One patient is not as pale as he was a few moments ago.

Exercise 7

1. smoothen
2. loosen
3. weaken
4. widen
5. redden
6. sharpen

Exercise 8

1. Loosen the patient's necktie.
2. The patient's pulse may weaken.
3. The patient's breath may shorten.
4. Never do anything to deepen the patient's wounds.
5. In shock the patient's skin may whiten and appear pale.
6. Bandages should not loosen by themselves.
7. Internal bleeding may cause the patient's heartbeat to quicken.
8. Areas of skin near insect bites often redden.
9. Widen the patient's collar to ease breathing.
10. Soften the patient's contact with the ground.
11. The reactions of a patient returning to consciousness sharpen.
12. If possible, brighten the work area to assist medical personnel.
13. In cardiac arrest, the patient's pupils widen.
14. Some sicknesses cause the patient to generally weaken.
15. The patient's skin may redden as the result of an allergy.

Lesson 7

Exercise 1

1. Are bottles of medication nearby?
2. Is the pain sharp?
3. Is the patient breathing?
4. Are bones fractured?
5. Is someone calling the EMS?
6. Is the patient's pulse weak?
7. Is the patient unconscious?
8. Is a bystander directing traffic?

Exercise 2

1. Should the patient sit down?
2. Can the patient move?
3. Has the patient had food recently?
4. Will the patient regain consciousness?
5. Can the patient breathe?
6. Has the patient taken medicine?
7. Will someone hold a bandage to stop the bleeding?
8. Could the patient go into shock?
9. Should you elevate the extremities?
10. Might the patient feel weak?
11. Will the pulse be rapid?
12. Can she suffer internal injuries?

Exercise 3

1. Did he forget his doctor's advice?
2. Did he eat a balanced diet?
3. Did he have a heart attack?
4. Did he feel pain in his chest?
5. Did the first responder check breathing and circulation?
6. Did the head injury require hospitalization?
7. Did he compress the patient's sternum?
8. Did the patient start breathing?

Exercise 4

1. Do the lungs receive oxygen?
2. Do these methods keep the patient alive?
3. Do symptoms come and go?
4. Do chest muscles expand during breathing?
5. Do healthy adults breathe about twelve times per minute?
6. Do brain cells die quickly after breathing stops?
7. Do near-drowning patients have the potential for full recovery?
8. Do headaches commonly occur in the presence of stroke?

Exercise 5

1. Does air pass through the windpipe?
2. Does cardiac arrest occur suddenly?
3. Does an unconscious person's tongue fall against the back of the throat?

4. Does the windpipe extend into the chest cavity?
5. Does blood release carbon dioxide?
6. Does irreversible brain damage occur?
7. Does the patient have a good chance for survival?
8. Does the patient have a weak pulse?

Exercise 6

1. Is the heart a muscular organ?
2. Is the brain most sensitive to oxygen deprivation?
3. Do certain factors increase the risk of heart attack?
4. Can people reduce their chance of suffering heart disease?
5. Should every person take precautions?
6. Does the patient think he has indigestion?
7. Must the first responder act immediately?
8. Did the patient eat less than one hour ago?
9. Did someone call the EMS?
10. Is the patient's airway obstructed?
11. Do the patient's eyes respond to light?
12. Will a spontaneous gasp of breathing occur?
13. Can trained personnel relieve the rescuer?
14. Will the patient move his arms or legs on his own?
15. Do the patient's pupils react to light?
16. Does oxygen enter the body through respiration?
17. Is air pressure equal inside and outside the chest cavity?
18. Do the amount of air breathed in and frequency vary?
19. Did the heart stop?
20. Is the airway partially obstructed?
21. Do the lips of a patient in respiratory distress appear cyanotic?
22. Can toxic gases cause suffocation?
23. Does the pulse become rapid and weak?

Exercise 7

1. restoration	d
2. protection	a
3. resuscitation	i
4. exhaustion	e
5. suffocation	g
6. production	c
7. deprivation	f
8. complication	k
9. continuation	j
10. ventilation	h

Vocabulary

1. precaution
2. alert
3. expand
4. deprivation
5. choke
6. windpipe
7. elevate
8. hospitalization

9. indigestion
10. cardiac
11. depress
12. potential

Lesson 8

Exercise 1

1. Who knows about the accident?
2. What does the patient have in his eye?
3. What causes cardiac arrest?
4. Who do heart attacks most likely happen to?
5. Who does the first responder most easily rescue?
6. What helps the patient to recover?
7. What does the first responder have to know?
8. What happens to the patient?
9. What does the patient feel?
10. What causes breathing to stop?

Exercise 2

1. What did the patient eat?
2. Who did the police speak to?
3. Who did the first responder bandage?
4. What did we use for a tourniquet?
5. Who did the bystanders call to help?
6. What did the patient complain about?
7. What did the patient fall on?

Exercise 3

1. Which joints are freely movable?
2. Which pupil is dilated?
3. Which artery did the patient cut?
4. Which signs of shock does the patient show?
5. Which of the patient's ears is torn?
6. Which foot has torn ligaments?
7. Which of the bystanders knows the patient?
8. Which lung is bruised?
9. Which lip did the patient cut?
10. Which of the patients needs CPR?
11. Which foot did she injure?
12. Which of the arms needs a bandage?

Exercise 4

1. When did the patient lose consciousness?
2. When did the patient go into shock?
3. When did the heart stop beating?
4. When did the child eat toxic chemicals?
5. When does the patient's arm hurt?
6. When did the patient take the medication?
7. When did the wound start to bleed?
8. When does the patient have chest pains?

9. When is the patient unresponsive?
10. When does the patient get dizzy?
11. When did a bystander call the EMS?
12. When did the pain worsen?

Exercise 5

1. Where is the fractured bone?
2. Where is the patient bleeding?
3. Where is the injury located?
4. Where did the bystanders go?
5. Where are the kidneys located?
6. Where is the ambulance?
7. Where does the patient live?
8. Where is the correct hand position for CPR?
9. Where are immovable joints located?
10. Where is the ambulance taking the patient?

Exercise 6

1. How old is the patient?
2. How long ago did the patient eat?
3. How many injuries does the patient have?
4. How strong is the pulse?
5. How slow is the breathing?
6. How sharp is the pain?
7. How many symptoms of shock does the patient show?

Exercise 7

1. interference	d
2. expansion	i
3. resemblance	f
4. death	e
5. survival	b
6. impairment	g
7. removal	c
8. blockage	a

Vocabulary

1. steady
2. spontaneous
3. unresponsive
4. cyanotic
5. temperature
6. clammy
7. detect
8. essential
9. pupil
10. dizzy
11. obstructed
12. deaf

Lesson 9

Exercise 1

1. Is the patient choking?
2. Might he have additional injuries?
3. Is a bystander calling the EMS?
4. Will the pulse be thready?
5. Is he conscious?
6. Are several bones fractured?
7. Could she go into shock?
8. Has he eaten in the last hour?
9. Is the patient breathing?
10. Can the rescuer detect a pulse?
11. Has the patient had a drink recently?
12. Should the patient lie down?
13. Is a bystander directing traffic?
14. Is the patient feeling dizzy?

Exercise 2

1. Did the patient go into shock?
2. Did the injuries require hospitalization?
3. Did he take his medicine?
4. Did the rescuer ventilate the patient?
5. Did she eat less than an hour ago?
6. Did the first responder make the primary survey?
7. Did he suffer a heart attack?
8. Did a bystander call the EMS?
9. Did she feel pain in her chest?
10. Did the patient's heart stop?

Exercise 3

1. Do headaches sometimes indicate head injuries?
2. Does the brain send signals to the heart?
3. Do symptoms of shock come and go?
4. Does an asthma attack occur suddenly?
5. Does the patient have a rapid pulse?
6. Does she have a good chance for survival?
7. Does irreversible damage to the brain occur in a short time?
8. Do near-drowning patients have the potential for full recovery?
9. Do brain cells die quickly after breathing stops?
10. Does a healthy adult breathe about twelve times per minute?
11. Do chest muscles expand during breathing?
12. Does the diaphragm assist in breathing?
13. Does blood carry oxygen to the body organs?
14. Does the windpipe extend into the chest cavity?
15. Does an unconscious person need careful attention?
16. Do injured arteries bleed in "spurts"?
17. Do injured veins leak blood in a steady stream?
18. Do the symptoms of internal bleeding include cold, clammy skin?

Exercise 8

1. How painful is moving the leg?
2. How serious are the patient's injuries?
3. How many bleeding wounds does the patient have?
4. How much toxic chemical did the child drink?
5. How slow is the breathing?
6. How weak is the patient's pulse?
7. How long ago did the patient eat?
8. How many bones are there in the body?
9. How much blood has the patient lost?
10. How long have you been performing CPR?
11. How high is the patient's temperature?
12. How old is the patient?
13. How many bystanders were at the accident?
14. How quickly did the patient lose consciousness?
15. How fast can you get help?

Lesson 10

Exercise 1

1. Somebody involves the first responder in an emergency situation.
2. Somebody observed the patient during treatment.
3. Somebody divides the spine into five sections.
4. Somebody lacerated the nerves.
5. Somebody considers several conditions life-threatening.
6. Somebody wears the Medic Alert symbol as a necklace.
7. Somebody quickly calls medical professionals.
8. Somebody controlled the external bleeding.
9. Somebody uses splints to immobilize fractures.
10. Somebody makes splints from various materials.

Exercise 2

1. The body is composed of solids and fluids.
2. The spine is divided into five sections.
3. The ribs are attached to the breastbone.
4. The heart is positioned slightly to the left side.
5. The lower part of the abdomen is called the "pelvic cavity."
6. The liver is located in the abdomen.
7. Blood is composed of plasma and cells.
8. Many important organs are contained in the abdomen.
9. The radius and ulna are called the "forearm."
10. A system of nerves is located in the skin.
11. The heart is divided into four "chambers."

Exercise 3

1. The first responder's duty can be defined legally.
2. A patient survey should be performed.
3. An open airway must be established.
4. Ventilation must be given immediately.
5. A careful check for severe bleeding must be made.

Exercise 4

1. What caused the patient's injuries?
2. What does the patient see?
3. What caused the patient's breathing to stop?
4. Who do heart attacks most frequently affect?
5. What caused the patient's allergic reaction?
6. What helps the patient to recover?
7. What does the rescuer have to know?
8. Who saw the accident?
9. What causes severe internal bleeding?
10. Who called the ambulance?

Exercise 5

1. Which leg is fractured?
2. Which foot is injured?
3. Which joints are immovable?
4. Which bystander went to call the EMS?
5. Which pupil is dilated?
6. Which lip is bleeding?
7. Which artery did the patient cut?
8. Which lung is injured?
9. Which signs of cardiac arrest does the patient show?
10. Which ear is deaf?

Exercise 6

1. When did she become sick?
2. When did he call an ambulance?
3. When did she lose consciousness?
4. When does he feel weak?
5. When did the heart stop beating?
6. When is the patient unresponsive?
7. When did the child eat toxic chemicals?
8. When does the patient have chest pains?
9. When is her arm tender?
10. When does the wound bleed?

Exercise 7

1. Where do you hurt?
2. Where is the medicine bottle which the child drank from?
3. Where does the pain start?
4. Where is the fractured bone?
5. Where is the correct hand position for CPR?
6. Where is the patient bleeding?
7. Where is the patient's family?
8. Where is the injury located?
9. Where is the ambulance?
10. Where are the bandages?
11. Where is the stomach located?
12. Where is the patient's head injury?

6. The pulse over the carotid artery can be felt.
7. The heart may be compared to a pump.
8. External bleeding can be controlled.
9. Severe injuries should be watched closely.
10. The bandage should be wrapped around the wound.
11. The pressure points should be thoroughly understood.
12. A priority must be assigned to the injuries.

Exercise 4

1. The leg was not fractured.
2. Symptoms of shock were not noticed.
3. Splints are not made of weak materials.
4. Sometimes proper emergency care is not given.
5. Bystanders are not permitted to interfere with medical professionals.
6. The heart is not positioned on the right side.
7. The bones of the middle ear are not attached to the skeleton.
8. Some injuries are not considered life-threatening.
9. Before the patient sees his doctor, his bandages are not removed.
10. Sometimes air splints are not available.
11. The heart is not located in the abdomen.
12. Care of the patient is not stopped before the ambulance arrives.
13. In a "sprain" injury, bones are not fractured.

Exercise 5

1. The bandage should not be removed.
2. Wire should not be used for a tourniquet.
3. The patient should not be handled roughly.
4. Shock patients should not be given a drink.
5. Injuries should not be overlooked.
6. Treatment is not started before the initial patient survey.
7. Fractured bones should not be pushed back through an open wound.
8. The patient can not be transported before dislocations are immobilized.
9. The patient's fractured arm should not be bent or twisted.
10. Rescue breathing should not be delayed.
11. The patient should not be allowed to lose body heat.
12. Removal of foreign objects from wounds should not be attempted.

Exercise 6

1. Do not remove the bandage.
2. Do not use wire for a tourniquet.
3. Do not handle the patient roughly.
4. Do not give shock patients a drink.
5. Do not overlook injuries.
6. Do not start treatment before the initial patient survey.
7. Do not push fractured bones back through an open wound.
8. Do not transport the patient before dislocations are immobilized.
9. Do not bend or twist the patient's fractured arm.
10. Do not delay rescue breathing.
11. Do not allow the patient to lose body heat.
12. Do not attempt to remove foreign objects from wounds.

Exercise 7

1. Ventilation should be performed.
2. The carotid pulse should be felt.
3. Any bleeding should be controlled.
4. Shock should be prevented.
5. The patient's pupils should be examined.
6. The patient's reactions should be observed.
7. CPR should be performed.
8. Poisoning should be detected.
9. The instructions of medical professionals should be followed.
10. The condition of the patient should be determined.
11. A priority for the treatment of the injuries should be assigned.
12. Additional injuries to the patient should be prevented.

Vocabulary

1. digit
2. strain
3. recede
4. fracture
5. swelling
6. sprain
7. pelvic
8. rupture
9. deformity
10. splint
11. discoloration
12. dislocation

Lesson 11

Exercise 1

1. Care must be taken.
   Must care be taken?
2. The airway can be opened.
   Can the airway be opened?
3. Patient anatomy should be understood.
   Should patient anatomy be understood?
4. Bleeding wounds must be bandaged.
   Must bleeding wounds be bandaged?
5. The patient's pulse can be felt.
   Can the patient's pulse be felt?
6. Shock symptoms can be controlled.
   Can shock symptoms be controlled?
7. An ambulance must be called.
   Must an ambulance be called?
8. An open wound must be dressed.
   Must an open wound be dressed?

Exercise 2

1. Stretched tendons may be ruptured.

2. Joint ligaments which are pulled too far may be sprained.
3. Eyes can be irrigated to clean away chemicals.
4. A patient who isn't breathing should be ventilated.
5. Bleeding wounds should be bandaged.
6. Fracture wounds must be immobilized.
7. Force applied at a joint may cause it to be dislocated.
8. A twisted bone may be fractured.
9. Open wounds must be protected.
10. A dislocation can be reduced by a doctor.

Exercise 3

1. The leg should be bandaged.
2. Stretched tendons may be ruptured.
3. Joint ligaments which are pulled too far may be sprained.
4. Sprained ankles can be supported with an ankle bandage.
5. Dislocations may be caused by force applied at or near a joint.
6. Swelling can be minimized with ice.
7. A patient who isn't breathing should be ventilated.
8. Pinched blood vessels may be caused by fractures.
9. Plastic inflatable splints can be applied quickly and easily.
10. Certain protocols should be followed when using splints.
11. CPR must be continued until the medical professionals arrive.
12. Fracture wounds near joints must be immobilized.

Exercise 4

1. Some processes of the body are not affected.
2. Pushing bones back through an open wound should not be attempted.
3. Wire should not be used for a tourniquet.
4. The patient should not be left alone.
5. A shock patient should not be fed.
6. Ventilation must not be delayed.
7. Loss of the patient's body heat must not be allowed.
8. Time should not be taken to move the patient needlessly.
9. Removal of foreign objects embedded in wounds should not be attempted.
10. Your ability to swim must not be overestimated.
11. Bystanders will not be permitted to interfere with rescue operations.

Exercise 5

1. The carotid pulse should be felt.
2. Head injuries should be stabilized.
3. Medical professionals should be assisted.
4. Shock should be prevented.
5. Life-threatening problems should be identified.
6. Psychological intervention should be provided.
7. Bystanders should be protected.
8. Ventilation should not be delayed.
9. A patient survey should be conducted.
10. Open wounds should be bandaged.
11. Shock patients should not be fed.

Exercise 6

1. The patient's humerus got fractured.
2. The patient got transported.
3. The patient got frightened.
4. The patient's foot got twisted.
5. The patient's hand got caught.
6. The patient's eye got injured.
7. The patient's jaw got dislocated.
8. A blood vessel got ruptured.
9. The patient's skin got torn.
10. The child got rescued.
11. The patient got treated.

Exercise 7

1. fracture
2. circulation
3. strain
4. displacement
5. sprain
6. bandage
7. recession
8. dislocation

Vocabulary

1. alleviate
2. outstretched
3. prolong
4. immobilize
5. cravat bandage
6. bruise
7. snug
8. undue
9. dress
10. disability
11. spasm
12. wrist

Lesson 12

Exercise 1

1. Splints are made from firm materials.
2. The patient is observed during treatment.
3. Splints are used to immobilize injuries.
4. External bleeding is controlled.
5. The spine is divided into five sections.
6. The Medic Alert symbol is worn as a necklace.
7. The nerves are cut.
8. A system of nerves is located in the skin.
9. Blood is composed of plasma and cells.
10. The heart is positioned slightly to the left side.
11. The ribs are attached to the breastbone.

12. The internal organs are carefully protected.
13. The lower part of the abdomen is called the "pelvic cavity."
14. The body is composed of solids and fluids.

Exercise 2

1. Other skills may be added to your course.
2. Caution must be exercised.
3. A primary survey should be performed.
4. The pressure points should be understood thoroughly.
5. An open airway must be established.
6. The bandage knot should be tied over the wound.
7. Ventilation must be given immediately.
8. Severe injuries should be watched closely.
9. A careful check must be made for severe bleeding.
10. Internal bleeding can be controlled.
11. The pulse can be felt over the carotid artery.
12. The heart may be compared to a pump.
13. The patient should be kept comfortable.
14. Severe heart problems can be prevented.
15. Joints can be dislocated in an accident.

Exercise 3

1. The patient was not moved.
2. Bystanders are not allowed to interfere with medical professionals.
3. The patient is not left alone.
4. The brain is not located in the abdomen.
5. Symptoms of shock were not noticed.
6. Sometimes air splints are not available.
7. Some injuries are not considered life-threatening.
8. The bones of the middle ear are not attached to the skeleton.
9. Shock patients are not given drinks and food.
10. Bleeding wounds are not left open.
11. Before the patient sees his doctor, his bandages are not removed.
12. The heart is not positioned on the right side.
13. The humerus bone is not located in the leg.
14. Adjustment of fractures involving the spine is not attempted.
15. Fractures of the elbow are not bent or twisted while bandaging.

Exercise 4

1. Fractures should be immobilized.
2. Bleeding wounds should be bandaged.
3. The activities of bystanders should be controlled.
4. A patient survey should be made.
5. The patient should be protected.
6. Ventilation should be performed.
7. The condition of the patient should be determined.
8. The carotid pulse should be felt.
9. The instructions of medical professionals should be followed.
10. Any bleeding should be controlled.
11. The EMS should be activated.
12. Poisoning should be detected.
13. Shock should be prevented.

14. The patient should be kept warm.
15. CPR should be performed.

Exercise 5

1. Do not attempt removal of foreign objects from wounds.
2. Do not remove the bandage.
3. Do not allow the patient to lose body heat.
4. Do not use wire for a tourniquet.
5. Do not delay ventilation.
6. Do not give shock patients a drink.
7. Do not push fractured bones back through an open wound.
8. Do not overlook injuries.
9. Do not start treatment before the primary survey.
10. Do not transport the patient before fractures are immobilized.
11. Do not bend or twist the patient's fractured arm.
12. Do not permit bystanders to interfere with treatment.
13. Do not delay activation of the EMS.
14. Do not adjust fractures to the spine.
15. Do not needlessly frighten the patient.

Exercise 6

1. Must an open wound be covered?
2. Must CPR be given immediately?
3. Should an ambulance be called?
4. Can the airway be opened?
5. Can heart diseases be prevented?
6. Should the patient be kept warm?
7. Must patient anatomy be understood?
8. Can shock symptoms be controlled?
9. Can the patient's pulse be felt?
10. Should a patient survey be performed?
11. Should fracture wounds be immobilized?
12. Should the patient's clothing be loosened?
13. Must medical professionals be assisted?
14. Should pressure be applied to bleeding wounds?
15. Can internal bleeding be detected?

Exercise 7

1. His ankle was sprained.
2. A dislocation can be reduced by a doctor.
3. Pulled joint ligaments may be sprained.
4. Open wounds need to be protected.
5. Eyes can be irrigated to clean away chemicals.
6. Force applied at a joint may cause it to be dislocated.
7. A patient who isn't breathing should be ventilated.
8. Bleeding wounds should be bandaged.
9. A twisted bone may be fractured.
10. Careless bystanders may be injured.
11. In CPR, the sternum should be compressed.
12. A sprain injury should be elevated.
13. EMS personnel should be informed about the patient's condition.
14. A dislocated joint may be deformed.

15. Fracture wounds must be immobilized.

Exercise 8

1. His ankle got sprained.
2. The drowning victim got rescued.
3. The patient's femur got fractured.
4. The patient's skin got cut.
5. The ambulance got called.
6. A tendon in the patient's knee got ruptured.
7. The patient got frightened.
8. The patient's shoulder gets dislocated.
9. The patient's foot got twisted.
10. The patient's clothing got caught in some machinery.
11. The patient got bitten.
12. The patient got taken to a hospital.
13. The patient's arm muscles got stretched.
14. The police got notified.
15. The patient gets upset.

Lesson 13

Exercise 1

1. Whenever the patient can communicate, you can ask him about his injuries.
2. Whenever air enters through the chest wall, the lungs will not fill.
3. Whenever the respiratory system fails to place oxygen in the blood, the patient dies.
4. Whenever breathing is present, the patient does not require ventilation.
5. Whenever ventilation is started quickly, the patient has a good chance for survival.
6. Whenever the supply of blood is interrupted, the patient's cells do not receive nourishment.
7. Whenever bleeding is not controlled, shock develops.
8. Whenever a joint is twisted suddenly, a sprain may result.

Exercise 2

1. The injury is called a "closed wound" if the skin is not broken.
2. A hematoma develops if blood vessels are torn beneath a bruise.
3. The wound is an "avulsion" if a flap of skin is torn loose.
4. The patient develops shock if much blood is lost.
5. A stroke can result if the blood supply to the brain is cut off.
6. Coma occurs if the body temperature drops below 79 degrees Fahrenheit.
7. Ice crystals within cells can destroy them if water in the body freezes.
8. The patient may be unable to talk directly about her injuries if she is a child.

Exercise 3

1. When a patient is poisoned by corrosives, quick action must follow.
2. A bone may fracture when it is impacted.
3. When a patient smokes, he increases his risk of heart disease.
4. When a patient is choking, he cannot speak.
5. A muscle may suffer strain when it is overstretched.
6. Strains often occur when patients lift something improperly.
7. The rescuer reduces dislocations only when medical aid is not available.
8. When a heart artery is blocked, the result is a heart attack.
9. When the heart needs more oxygen than it is receiving, angina pectoris occurs.
10. A patient may suffer heat exhaustion when he exercises strenuously in a very hot environment.
11. When a patient is cold and has low blood pressure, he may be suffering from hypothermia.

Exercise 4

1. If a pulse is found, check the pulse rate and quality.
2. If there are no signs of breathing, give ventilation immediately.
3. If you talk to bystanders, interview them one at a time to avoid confusion.
4. If the initial attempt to ventilate the patient is unsuccessful, reposition the patient's head and repeat.
5. If direct pressure to a wound fails to stop bleeding, use pressure

points.
6. If bleeding continues, obtain medical assistance.
7. If you suspect internal bleeding, treat the patient for shock.
8. If a sprained elbow is bent, immobilize the injury in the bent position.
9. If swelling increases in a fracture injury, loosen an reapply bandages to allow for it.

Exercise 5

These answers are suggestions. Students' answers may vary.

1. Perform "abdominal thrusts" if the patient is choking.
2. Administer chest compressions if the patient has no pulse.
3. Use pressure points to stop bleeding if direct pressure to the wound fails.
4. Immobilize the injury if the patient has a fracture, dislocation, sprain, or strain.
5. Place the patient in the "side coma" position if she is unconscious but pulse and breathing are uninterrupted.
6. Elevate the patient's extremities if she is suffering shock.
7. Open the airway if it is obstructed.
8. Send a bystander to call the EMS if one is available.
9. Dress a wound if it is open.
10. Use a tourniquet to control bleeding if other methods fail.
11. Protect bystanders if any are present.
12. Cover the patient with a blanket if he begins to lose body heat.
13. Use a cravat bandage if the patient has a head injury.
14. Apply external heat to the patient if she is suffering from frostbite.
15. Check the patient for possible poisoning if he exhibits convulsions, nausea, slowed respiration, etc.

Exercise 6

These answers are suggestions. Students' answers may vary.

1. If there is a foreign object in the patient's mouth, you should remove it with your fingers.
2. If the patient has a sprain, you should use ice to keep it cool.
3. If the patient's heart stops, the first responder should begin chest compressions.
4. If the patient has a dislocated joint, you should apply splints and cold packs.
5. If the patient has a fractured bone, you should splint the fracture and treat the patient for shock.
6. If an open wound is bleeding, the first responder should apply pressure to it.
7. If the patient stops breathing, you should give artificial ventilation.
8. If the patient suffers a strain, you should apply cold and then heat to the strained area.
9. If the patient has been poisoned, you should determine the type of poison and contact a poison control center.
10. If the patient suffers a burn injury, the first responder should remove the patient from danger and determine the severity of the burn.

Vocabulary

1. anatomy
2. artery
3. angina pectoris
4. hematoma
5. impaled
6. anaphylactic
7. ingest
8. avulsion
9. traumatic
10. corrosive
11. hypothermia
12. impact

Lesson 14

Exercise 1

1. Send a bystander, if any, to call the EMS.
2. Open the patient's jaw with the "crossfinger technique" if necessary.
3. Avoid blocking traffic at the accident scene if possible.
4. Question bystanders about the nature of the accident if convenient.
5. Position the patient flat on his back if possible.
6. Avoid the use of a tourniquet if possible.
7. Stop bleeding if present.
8. Use a cravat bandage if available.
9. Administer CPR to the patient if necessary.
10. Use an inflatable splint if convenient.

Exercise 2

1. What should I do if the patient suffers anaphylactic shock?
   What if the patient suffers anaphylactic shock?
2. What should I do if the patient's heart stops?
   What if the patient's heart stops?
3. What should I do if the patient regains consciousness?
   What if the patient regains consciousness?
4. What should I do if the patient has swallowed a corrosive agent?
   What if the patient has swallowed a corrosive agent?
5. What should I do if the patient's jaw is dislocated?
   What if the patient's jaw is dislocated?
6. What should I do if I'm alone at the accident scene?
   What if I'm alone at the accident scene?
7. What should I do if the patient refuses to accept my help?
   What if the patient refuses to accept my help?
8. What should I do if the patient cuts an artery?
   What if the patient cuts an artery?
9. What should I do if the patient suffers a spinal injury?
   What if the patient suffers a spinal injury?
10. What should I do if an object is impaled in the patient's arm?
    What if an object is impaled in the patient's arm?

Exercise 3

1. If a life-threatening condition is found, begin emergency procedures at once.
2. If a pulse is found, assess its rate and quality.
3. If there are no signs of breathing, artificial ventilation must be given.
4. If breathing is very shallow, it may not be detected.
5. If artificial ventilation is started quickly, the patient has a good chance for survival.
6. If the blood supply is cut off, tissues die for want of nourishment.
7. If bleeding is permitted to continue, shock deepens.
8. Treat the patient for shock if internal bleeding is suspected.
9. If a fracture of the femur is open, the wound should be dressed.

Exercise 4

1. The patient may die unless a life-threatening condition is corrected.
2. Unless there are signs of breathing, artificial ventilation must be given.
3. Ask the patient about her condition unless she is unconscious.
4. In giving ventilation, do not take time to move the patient unless the accident site is hazardous.
5. Unless attempts to ventilate the patient are successful, reposition the patient's head and repeat rescue breathing.
6. Use abdominal thrusts to clear the airway unless the patient is an infant.
7. Unless the patient responds to your voice or pain, she is unconscious.
8. CPR will fail unless the airway is adequate.
9. First responders should continue CPR unless spontaneous ventilation and circulation have been restored.
10. Unless conditions causing shock are reversed, death may result.
11. Unless bleeding is controlled, shock deepens.
12. Do not tie a bandage knot over a wound unless such tying is otherwise indicated.
13. Unless a dressing or other suitable material is available, the bare hand can be used to apply pressure to a wound.
14. Elevation of and direct pressure to wounds should be used unless they cause pain or aggravate the injury.
15. Pressure points should not be used unless direct pressure to the wound fails to stop bleeding.
16. Avoid using a tourniquet unless large arteries are severed or bleeding is uncontrolable.
17. After a tourniquet is tightened, it should not be loosened unless a physician is present.
18. Unless a fractured skull is suspected as the cause of a nosebleed, stop the bleeding with pressure to the nostrils.
19. Whatever the cause of shock, a deteriorating cycle develops unless correction is not immediate.
20. Unless shock is reversed, the internal organs eventually die.
21. Elevate the lower extremities of shock patients unless other wounds and discomfort make it impossible.
22. Unless a commercial splint is available, use an improvised splint to immobilize a fracture.
23. Do not induce a poisoning victim to vomit unless you are certain that the poison was non corrosive.

Exercise 5

These answers are suggestions. Students' answers may vary.

1. The patient is suffering respiratory distress if the intercostal muscles are retracted during breathing or if she is cyanotic.
2. A patient may be choking if she grasps her throat or if she cannot speak.
3. The patient may have the early signs of a heart attack if he feels an uncomfortable tightness in the chest or if pain radiates into the left shoulder and arm.
4. An unconscious patient's heart may have stopped if she's cyanotic or if she has no pulse.
5. A patient may have internal bleeding if he has cold, clammy skin or if there is bleeding from natural body openings.
6. The patient may have strained a muscle if there are sharp pains that radiate of if there is discoloration and swelling.
7. The patient may have dislocated a joint if there is loss of function or if the joint is deformed.
8. A bone may be fractured if there is grating or if the area is deformed.
9. The patient may have ingested poison if there is excessive sweating or if there is nausea.
10. The snake which bit a patient may be poisonous if it has large fangs or if there is a pit between the eye and the mouth.
11. The patient may be suffering from heat stroke if his breathing is deep and rapid or if he has hot, dry, red skin.

Vocabulary

1. inhale
2. nausea
3. impair
4. blur
5. capillaries
6. hyperventilate
7. lethargy
8. disoriented
9. hazard
10. coordination
11. stupor
12. wheeze

Lesson 15

Exercise 1

1. When the patient suffers life-threatening injuries, emergency care must always begin without delay.
2. When a joint is twisted suddenly, a sprain may always result.
3. When ventilation is started quickly, the patient always has a good chance for survival.
4. When bleeding is not controlled, shock always develops.
5. When the patient suffers a cut injury, the wound always bleeds.

Exercise 2

1. The patient might have a dislocated jaw if he has difficulty speaking.
2. The patient may be unable to talk directly about her injuries if she is a child.
3. A hematoma develops if blood vessels are torn beneath a bruise.
4. Ice crystals in cells can destroy them if water in the body freezes.

Exercise 3

1. If you are in a vehicle, park it to protect the accident scene.
2. If swelling increases in a fracture injury, loosen and reapply bandages to allow for it.
3. If there are no signs of breathing, give ventilation immediately.
4. If a sprained elbow is bent, immobilize the injury in the bent position.
5. If direct pressure to a wound fails to stop bleeding, use pressure points.

Exercise 4

These answers are suggestions. Students' answers may vary.

1. Give ventilation <u>if the patient is not breathing</u>.
2. Check the patient for possible poisoning <u>if he exhibits convulsions, nausea, slowed respiration, etc</u>.
3. Administer chest compressions <u>if the patient has no pulse</u>.
4. Apply external heat to the patient <u>if she is suffering from frostbite</u>.
5. Elevate the patient's extremities <u>if she is suffering shock</u>.
6. Use a cravat bandage <u>if the patient has a head injury</u>.
7. Use pressure points to stop bleeding <u>if direct pressure to the wound fails</u>.
8. Cover the patient with a blanket <u>if he begins to lose body heat</u>.
9. Immobilize the injury <u>if the patient has a fracture, dislocation, sprain, or strain</u>.
10. Protect bystanders <u>if any are present</u>.
11. Place the patient in the "side coma" position <u>if she is unconscious but pulse and breathing are uninterrupted</u>.
12. Use a tourniquet to control bleeding <u>if other methods fail</u>.
13. Open the airway <u>if it is obstructed</u>.
14. Dress a wound <u>if it is open</u>.
15. Send a bystander to call the EMS <u>if one is available</u>.

Exercise 5

These answers are suggestions. Students' answers may vary.

1. If there are bystanders, <u>you should protect them from injury</u>.
2. If the patient has been poisoned, <u>you should determine the type of poison and contact a poison control center</u>.
3. If the patient's heart stops, <u>the first responder should begin chest compressions</u>.
4. If an open wound is bleeding, <u>the first responder should apply pressure to it</u>.

Exercise 6

1. Tilt the patient's head downward, if possible.
2. Use an inflatable splint, if convenient.
3. Open the patient's jaw with the "crossfinger technique" if necessary.
4. Use a cravat bandage if available.
5. Avoid blocking traffic at the accident scene if possible.
6. Stop bleeding if present.
7. Question bystanders about the nature of the accident if convenient.
8. Administer CPR to the patient if necessary.
9. Position the patient flat on her back, if possible.
10. Avoid the use of a tourniquet if possible.

Exercise 7

1. What if the patient has a fracture?
2. What if the patient suffers a spinal injury?
3. What if the patient suffers anaphylactic shock?
4. What if the patient cuts an artery?
5. What if the patient's heart stops?
6. What if the patient refuses to accept my help?
7. What if the patient regains consciousness?
8. What if I'm alone at the accident scene?
9. What if the patient's jaw is dislocated?
10. What if the patient has swallowed a corrosive agent?

Exercise 8

1. Unless it is necessary for safety reasons, do not move the patient.
2. Do not induce a poisoning victim to vomit unless you are certain what the poison was.
3. The patient may die unless a life-threatening condition is corrected.
4. Unless a commercial splint is available, use an improvised splint to immobilize a fracture.
5. Unless there are signs of breathing, artificial ventilation must be given.
6. Elevate the lower extremities of shock patients unless other wounds and discomfort make it impossible.
7. Ask the patient about her condition unless she is unconscious.
8. Unless shock is reversed, the internal organs eventually die.
9. In giving ventilation, do not take time to move the patient unless the accident site is hazardous.
10. Whatever the cause of shock, a deteriorating cycle develops unless correction is immediate.
11. Unless attempts to ventilate the patient are successful, reposition the patient's head and repeat rescue breathing.
12. Unless a fractured skull is suspected as the cause of a nosebleed, stop the bleeding with pressure to the nostrils.
13. Use abdominal thrusts to clear the airway unless the patient is an infant.
14. After a tourniquet is tightened, it should not be loosened unless a physician is present.
15. Unless the patient responds to your voice or pain, she is unconscious.

16 Avoid using a tourniquet unless large arteries are severed.
17. First responders should continue CPR unless spontaneous ventilation and circulation have been restored.
18. Elevation of and direct pressure to wounds should be used unless they cause pain or aggravate the injury.
19. Unless bleeding is controlled, shock deepens.

Lesson 16

Exercise 1

1. consent
2. interference
3. knowledge
4. paralysis
5. impairment
6. suffocation
7. loss
8. maintenance restoration
9. pressure
10. assessment

Exercise 2

1.	death	dying
2.	resuscitation	resuscitating
3.	constriction	constricting
4.	reduction	reducing
5.	contamination	contaminating
6.	interference	interfering
7.	assessment	assessing
8.	paralysis	paralyzing
9.	irrigation	irrigating
10.	dislocation	dislocating
11.	digestion	digesting
12.	infection	infecting
13.	deformity	deforming
14.	security	securing
15.	injury	injuring

Exercise 3

1. Breathing is an act that is usually automatic.
2. Bleeding should be controlled.
3. Bending over at the waist can cause a back injury.
4. Overstretching muscles results in a strain.
5. Reducing dislocations requires special skills.
6. Moving the patient needlessly isn't a good practice.
7. Covering wounds with a clean dressing protects them.
8. Immobilizing fractures prevents additional injuries.
9. Evaluating the patient's condition accurately is critical.
10. Using correct medical terminology is an important ability.

Exercise 4

1. To know what not to do as well as what to do is an important goal in emergency care.
2. To care for life-threatening conditions is an important goal in emergency care.
3. To minimize further injuries and complications is an important goal in emergency care.
4. To make the patient as comfortable as possible is an important goal in emergency care.
5. To conserve the patient's strength is an important goal in emergency care.
6. To reduce the possibility of shock is an important goal in emergency care.
7. To minimize infection is an important goal in emergency care.
8. To arrange transport of the patient to a medical facility is an important goal in emergency care.
9. To make an accurate patient assessment is an important goal in emergency care.
10. To control bleeding is an important goal in emergency care.
11. To provide ventilation when needed is an important goal in emergency care.
12. To perform CPR if necessary is an important goal in emergency care.

Exercise 5

1. To understand emergency care you must know anatomy.
2. To obtain useful information you should ask closed ended questions.
3. To assess breathing you must look, listen, and feel for five seconds.
4. To protect the patient from additional injury you must immobilize fractures.
5. To control bleeding you may use direct pressure.
6. To begin CPR you should position the patient on his back.
7. To identify the victim of a spinal injury you should look for deformity, paralysis, and pain.
8. To care for a sprain injury you apply ice.
9. To treat a victim of poisoning you must assess the type of poison ingested.

Exercise 6

1. X
2. aspiration
3. X
4. X
5. X
6. dislocation
7. interference
8. X
9. extension
10. X
11. X

12. inflammation
13. X
14. X
15. sterilization

Vocabulary

1. itch
2. reduce
3. paralysis
4. irrigation
5. convulsion
6. faint
7. suffocation
8. contaminate
9. antiseptic
10. inflammation
11. sterilize
12. involuntary

Lesson 17

Exercise 1

1. When the airway is blocked, you must try to open it.
2. When you are performing a patient survey, be careful not to move the patient.
3. The secondary survey should begin after life-threatening conditions have been controlled.
4. Before air is taken into the lungs, it passes through the trachea.
5. When accepted methods to control bleeding fail, you try using a tourniquet.
6. After you immobilize a fracture, you examine the bandages to be certain that they do not cut off circulation.

Exercise 2

1. The skeleton contains so many bones that I can't remember all their names.
2. The patient was in so much pain that she lost consciousness.
3. The first responder has so many responsibilities that he requires special training.
4. The patient lost so much body heat that he began to show signs of hypothermia.
5. The patient did so much vigorous exercise that she suffered heat stroke.
6. The patients suffered so many injuries that the first responder needed the help of some bystanders to treat all of them.
7. The patient ingested so much alcohol that he went into a coma.
8. There are so many important steps in patient treatment that it is vital for them to be carefully practiced.
9. So many people die each year because of inadequate emergency care that the first responder has a great responsibility.
10. The patient suffered so many burns that he needed the help of medical professionals.
11. There was so much confusion at the accident scene that it was

important to remember emergency procedures training.
12. The patient weighed so much that the first responder could not lift him alone.

Exercise 3

1. The cardiac vessels are so constricted that the patient may suffer cardiac arrest.
2. The patient's abdomen was so painful that the doctor suspected appendicitis.
3. The wound was so superficial that it did not require emergency care.
4. The substance was so toxic that it caused the patient to lose consciousness.
5. The patient was so allergic to a substance that she broke out in hives as soon as she ingested it.
6. The patient was so delirious that he couldn't give accurate information about himself to the first responder.
7. The patient became so dizzy that she had to lie down.
8. The hemorrhaging was so severe that a tourniquet was necessary.
9. The patient's breathing was so shallow that ventilation might have become necessary.
10. Someone performed CPR so successfully that the patient revived.

Exercise 4

1. He performed CPR so that he could resuscitate the patient.
2. She used splints and bandages so that she could immobilize the fracture.
3. He took the patient's pulse so that he could determine whether the patient had proper circulation.
4. She performed abdominal thrusts so that she could rescue the patient from choking.
5. He tilted the patient's head back so that the airway would remain open.
6. We practice rescue techniques so that we become proficient.
7. Loss of blood should be minimized so that the patient doesn't go into shock.
8. Wounds should be bandaged properly so that the patient's injuries do not become worse.
9. A sprain should be wrapped in a compression bandage so that swelling will recede.
10. A shock patient should be positioned so that her head is lower than her feet.
11. You should talk calmly to the patient so that he doesn't become frightened.

Exercise 5

These answers are suggestions. Students' answers may vary.

1. We began CPR because the patient's heart had stopped.
2. He covered the patient with a blanket because she was losing body heat.
3. We elevated the forearm because we needed to apply a splint.
4. She performed ventilation because the patient had stopped breathing.
5. The patient does not respond to pain because she is unconscious.

6. The patient's pupils are constricted because he's showing signs of the use of depressant drugs.
7. The patient's ankle is swelling because it has suffered a sprain.
8. The patient cannot breathe or speak because she is choking.
9. The patient is bleeding because he severed an artery.
10. The patient has hives because he has contacted a substance to which he is allergic.
11. The patient suffered heat stroke because she performed too much exercise when the weather was too hot.
12. The patient needed to breathe into a paper bag because he was suffering from hyperventilation.
13. It was necessary to immobilize the joint because it had been fractured.
14. The patient should not be moved because a spinal injury is suspected.
15. The patient's pulse is thready because she's going into shock.
16. Rescue breathing should never be delayed because the patient's life may depend on it.

Exercise 6

1. It is essential that first responders prepare themselves.
2. It is critical that a first responder evaluate injuries correctly.
3. It is important to explain to the patient what you are doing.
4. It is necessary to cause swelling to recede as quickly as possible.
5. It may be critical to control the advance of shock.
6. It may be necessary to elevate the extremities.
7. It is generally correct to immobilize fractures.
8. It is vital to maintain an open airway.
9. It is imperative to provide necessary ventilation.
10. It is assumed that the first responder is properly trained and certified.
11. It is a primary concern to prevent infection of wounds.
12. It is an important function of the rescuer to reassure the patient.

Exercise 7

1. a
2. c
3. b
4. b
5. c
6. a

Vocabulary

1. thoracic
2. narcotic
3. retina
4. incision
5. puncture wound
6. sling
7. sterile
8. laceration
9. seizure
10. critical

11. delirious
12. symptom

Lesson 18

Exercise 1

1. administered
2. assess
3. interferes
4. press
5. know
6. maintain restore

Exercise 2

1. Overstretching muscles results in a strain.
   To overstretch muscles results in a strain.
2. Using correct medical terminology is an important ability.
   To use correct medical terminology is an important ability.
3. Caring for life-threatening conditions is a high priority.
   To care for life-threatening conditions is a high priority.
4. Providing ventilation when needed could save a life.
   To provide ventilation when needed could save a life.
5. Reducing the possibility of shock improves the patient's chance for recovery.
   To reduce the possibility of shock improves the patient's chance for recovery.
6. Immobilizing fractures prevents additional injuries.
   To immobilize fractures prevents additional injuries.
7. Evaluating the patient's condition accurately is critical.
   To evaluate the patient's condition accurately is critical.
8. Reducing dislocations requires special skills.
   To reduce dislocations requires special skills.
9. Taking the patient's vital signs is an important care task.
   To take the patient's vital signs is an important care task.
10. Understanding anatomy is a goal of first responder training.
    To understand anatomy is a goal of first responder training.
11. Minimizing infection is a primary goal in the care of wounds.
    To minimize infection is a primary goal in the care of wounds.

Exercise 3

1. To care for life-threatening conditions is a primary goal of the first responder.
2. In order to assess breathing you must look, listen, and feel for five seconds.
3. In order to open the airway you tilt the patient's head backward.
4. In order to treat shock you should control hemorrhage.
5. To treat shock is a major concern.
6. In order to control bleeding you may have to use direct pressure.
7. In order to begin CPR you should position the patient on his back.

8. To control bleeding is a vital function of first responders.
9. To make an accurate patient assessment is critical.
10. In order to care for a sprain injury you apply ice.

Exercise 4

1. deformity
2. death
3. infection
4. resuscitation
5. digestion
6. constriction
7. dislocation
8. contamination
9. irrigation
10. interference
11. paralysis
12. assessment
13. inflammation
14. suffocation
15. convulsion

Exercise 5

1. The wound was so severe that bleeding was difficult to control.
2. The attack was so acute that it almost caught us unprepared.
3. The patient's abdomen was so tender that the doctor suspected internal injuries.
4. The patient was so delirious that he couldn't answer questions.
5. The bystanders were so noisy that they interfered with the rescue.
6. The burn was so serious that the patient needed to be hospitalized.
7. The situation was so confused that nobody could explain exactly what had happened.
8. The hemorrhaging was so difficult to control that a tourniquet was required.
9. The patient was so allergic to a substance that it affected her ability to breathe.
10. The wound was so superficial that it did not require emergency care.
11. Some parents are so careless with poisons that their children ingest them by accident.
12. The first responder performed CPR so successfully that the patient revived.

Exercise 6

1. It may be necessary to obtain some information from the patient.
2. It is imperative to begin rescue breathing at once.
3. It was vital to immobilize the joint.
4. It is essential to use correct medical terminology.
5. It is a primary concern to prevent infection of wounds.
6. It is fundamental that first responders prepare themselves.
7. It is assumed that the first responder is properly trained and certified.
8. It is important to explain to the patient what you are doing.

9. It is imperative to control bleeding.
10. It is necessary to cause swelling to recede as quickly as possible.
11. It is a primary function to maintain an open airway.
12. It may be critical to control the advance of shock.
13. It is generally correct to immobilize fractures.
14. It may be necessary to use a tourniquet.

Exercise 7

Vocabulary items which needed correcting are presented below underlined and spelled correctly.

1.	diaphragm	extremities	vertebrae
2.	hemorrhage	carotid	allergic
3.	superficial	pathogenic	symptom
4.	deprivation	hospitalization	indigestion
5.	cyanotic	dizzy	spontaneous
6.	rupture	discoloration	recede
7.	bruise	spasm	immobilize
8.	corrosive	anaphylactic	hematoma
9.	blur	nausea	hyperventilate
10.	antiseptic	itch	contaminate
11.	suffocation	faint	sterilize
12.	laceration	sling	delirious
13.	incision	critical	thoracic
14.	retina	seizure	narcotic